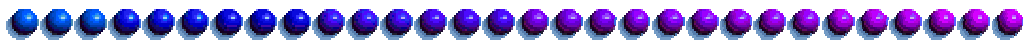




## Getting Personal



In the past, there weren't as many choices as there are today. You have so many possibilities and choices. You can decide on your activities and think about what you want for your future. . . you can develop your talents. But, having so many choices can be a little confusing-even scary! How do you know the right choices to make? How do you get the life you want? You have The Right Stuff deep inside to help you.



*Take a moment to think about yourself-personally.*

Write down five things you like about yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What would your best friend say he or she likes about you the most?

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**What have you done that makes you very proud of yourself?**

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**When you look in a mirror, what do you see that you really like?**

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**If a teacher or other adult gives you a compliment, do you believe him/her?**

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**Do you feel happy with the way you are or do you think you have a lot to improve?**

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**What are you looking forward to doing as a teenager?**

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**What did you write? Did you have a hard time with some of the questions? If you can't think of five things you like about yourself or if you don't believe it when someone pays you a compliment, then you need a boost of The Right Stuff! Share what you wrote with your friends. Decide which of your answers are "The Right Stuff" and which need some help from friends to be more positive.**

